

**Council on Aging
Board Meeting Minutes February 1, 2023**

Members Present: Mary Anne Easley, Robert Kucharavy, Judith Perkins, Linda Williams and Arlene O'Reilly.

Staff Present: Jerico Mele

Guest Speaker: John Copenhaver

Meeting called to order 1:30 pm remotely online.

Approval of Agenda: Linda moved to accept; Jude seconded.

Review of the Minutes:

Approval of December's minutes. Moved to approve next month.

1. **Mary Anne:** Introduced John Copenhaver, President of Elder Affairs. a/k/a Friends of Nantucket Seniors (NCEA)

2. **John:** Provided overview of what she does

1. NCEA owns the Salt Marsh building and responsible to maintain the building and land around it. The town own the land, staffing is town.
2. We supplement other organization's activities.
3. Mission is to provide voice for seniors and supplemental support for senior activities. John explained the type of activities in detail: Trips off island, TWN involvement, grandparents' day, music programs, aquodoc exercises at the pool, nature tours, etc.
4. Finding funding for activities and partnering with other organizations.
5. Annual appeal: helps fund maintenance, etc. was about 38k, plus we apply for grants as needed.

Mary Anne: We (COA) also come to your organization to help with grants, since we cannot apply directly.

Judith: Question about landscaping, brought up garden club and town involvement to outside maintenance.

Jerico: Garden Club manages the plants. Town manages the rest: signage, etc.

Mary Anne: Anything else we can do for NCEA?

John: It's been great to have Mary Anne involved with our meetings and hope that it continued.

Mary Anne: Suggested other COA members there for meetings and be involved, 3rd Wednesday of every month.

John: If we get a new center, our two organization will be more united!

Mary Anne: Robert is next on the agenda for NHA on the Road program to gives us an overview

Bob: This program was started in the fall of 2021, giving this group access to the NHA history programs where we (NHA) go to them. We talk about the GAM, Native American History, Fire of 1846. More details given. Observations: Academy Hill we do not go to, they are more active with jobs/life OR they stay in the apartments and do not engage much. We found we tailor the programs very much because there is no set standard for seniors—they vary extremely and there

is no universal profile for seniors on this island. We continue to adapt to the audience, looking at varied disabilities, attention spans, etc. We received a small grant from the community foundation. Many of them (seniors) have never been to the museum programs or historic properties.

Judith: Booklet geared to seniors?

Bob: there are five different profiles of seniors

Jerico: For the Less social, can the town put together some content that they could enjoy?

Bob: New collections manager has permission to take artifacts “on the road”, they (seniors) love to see things in person. We physically need to move through the rooms to engage the seniors more.

More dialog moved between Memory Café and potentially with the NHA. Mindfulness program was also discussed that could be a potential program that the town may be of interest.

Arlene: gave bullet points and explanation of NHA mindfulness program.

Mary Anne: Maybe we can offer trips to the historical sites. More dialog about NHA programs for seniors.

Judith: Requested updates of NHA programs for seniors and cover this topic at every meeting.

Mary Anne: Community Foundation wants to fund more senior programs. Jerico and John, I know you will be at the meetings with them, we should dialog more about these ideas. More dialog.

3. Jerico Report:

1. General overview for grant season for human services and more details: Behavioral health, what services are available, what is not commonly known, etc.
2. New portal page that covers all aspects that is supportive.
3. Vaccination details
4. Covid – wastewater showed slight increase, but cases likely to rise over Feb. vacation.
5. Flu is out casing more than COVID.
6. Computer education class, 18 people signed up.
7. Continued tech clinic.
8. Staffing issues within the town, tabling “ask a nurse” program

Arlene: can you give us an update on the memory café?

Jerico: gave full history of how Memory Café came about, hope to announce more details once funding is finalized. Sherburn Commons is the nonprofit partner. More details given and working towards staffing.

4: Laura Report: On Vacation!

Mary Anne: CFN is next Friday to look at all senior services on Nantucket and how we as a community can better coordinate our activities and ideas for better services.

Our Island Home has a new link from the town, showing the timeline of new building in 2027.

5) Mary Anne: Home modification program where we install grab bars and railings in seniors' homes is going smoothly. 8 total so far this year. Funds are still available, we may advertise this, so we spend the funds down. Many are very happy with the services so far.

Open to comments or questions:

Arlene: Seats for COA members?

Jerico: Two members being voted on by Select Board this week. COA will be looking for one more member after this. More dialog, new members will be on board by March meeting.

Robert motioned to adjourn, Linda second it. All in favor!